



2 June 2025 22/25

EDITORIAL

Good luck to all our Comrades runners! Have a safe trip and a wonderful experience. May you achieve your goals on the day. The fact that you have made it to the start is a big achievement on its own.

We will have two official support stations on the road, at Camperdown and Cowies Hill and then at the finish. More details will be sent out in a separate email. You still have the opportunity to hand in your 'muti' bags on Tuesday at the time trials and on Saturday at 12:00 in front of the entrance of the Expo in Durban.

ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Anna Harris	3 rd Female – Love Run 10 km
Lebeauf von Benecke	1 st Male walker – Love Run 10 km
Gerda Steyn	1 st Female – Bethal 21 km

Congratulations to the following members who finished in the top 5 in their respective age categories at the Cross -country meeting at Irene on 24 May:

Emma Cox	1 st
Nelius van Rooyen	1 st
Ansie Breytenbach	2 nd
David Holliday	3 rd
Melani Swart	3 rd
Yolande Cowley	3 rd
Charlene van Niekerk	5 th

PERSONAL ACHIEVEMENTS

Gerda Steyn

PB – 21 km

Well done!

REGISTRATIONS 2025

Another 4 first-time members registered during the week. Welcome to you. May you enjoy every moment with us. Be an active member of this great family. We want to see your face as often as possible.

We now have 587 members compared to 510 at the same time last year.



Marko Britz

Ruben Viljoen

Sarii Simpson

Sj Wessels

CAPTAIN'S CORNER

We would like to thank everyone who made the Comrades Function this weekend a great success. Thank you to all our sponsors who helped with the amazing Goodie Bags for each Comrades Runner. May we take this opportunity to wish all our Comrades Runners the best of success for your Comrades journey.

Please diarize the following important dates:

- Club Time Trials – 3 June 2025 at 17:15
- Sunday Event: The Comrades Marathon

Weekly Time Trials

Please join us at the Club House on Tuesday for our Time Trials. Start will be at 17:15 . There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

Please note the Wednesday Long runs have been paused for the Winter months. Please continue with your own training at home.

Thursday Morning Runs and Afternoon Sessions

Please note that the Thursday morning runs and the afternoon training sessions will all be paused now for the winter months. Please continue with your own training programs.

Saturday Run

There is no planned event this Saturday.

Sunday

This Sunday 8 June 2025 will be the Comrades Marathon. All the best to all our club runners taking part in this amazing event.

Training questions and comments

Please feel free to contact us with any training questions or comments.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY

Irene Athletics Club
SERIOUS about our **run** irene

Week 2 Jun - 8 Jun

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Time Trial @ Club House 17:15 4 km 6 km 8 km	Rest Day
Join our community	Thursday Safe Travels 	Friday Safe Travels
	Saturday Safe Travels 	Sunday Comrades

For More Information
Nelius 072 248 7698
Jacqueline 073 887 0757

IRENE

TRAINING PROGRAMME

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1 Comrades Send-Off Run
2 REST	3 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	4 REST	5 REST	6 REST	7 REST	8 COMRADES
9 REST	10 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	11 REST	12 REST	13 REST	14 Cross Country Inter-Provincials @Bergsig Academy, Rustenburg	15 REST
16 REST	17 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	18 REST	19 REST	20 REST	21 Soshangive Great Run 5km 10km	22 REST
23 REST	24 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	25 REST	26 REST	27 REST	28 Run With Zola 5km 10km	29 REST
30 REST	1					

Notes

It's Comrades month.

After Comrades we will take a few weeks off and get some well deserved rest and family time. Enjoy it.

For All Enquiries Regarding Training :
Call/WhatsApp on 072 248 7698 or 073 887 0757

Irene

COMRADES EVENTS

MORE THAN A RACE
TALK • MEET • RACE • DRINK

Sun 11 May	Irene Long Run	@ Irene Link Shopping Centre	10 - 20km	6:30 am
Sun 18 May	Irene Long Run Cradle	@ Rhino & Lion Park Kromdraai, Cradle	30km	6:30 am
Tue 27 May	Comrades Info / Q&A Session	@ Irene Clubhouse		6:30 pm
Sat 31 May	IAC Comrades Function	@ Irene Clubhouse	<i>Cheers!</i>	2:00 pm
Sun 1 June	Comrades Send-Off Run	Venue TBC	10 - 15km	7:00 am
Sun 1 June	Comrades Church Service	@ PvR Geloofs familie Church		11:00 am
Mon 9 Jun	Post Comrades Function	@ Umhlanga Restaurant TBC		10:30 am
Tue 1 July	Comrades Aches & Pains	@ Irene Clubhouse		6:30 pm

CROSS COUNTRY

Irene

Athletics Club

CROSS-COUNTRY 2025 (PRE-SEASON)

ASA ATHLETICS SOUTH AFRICA

Qualification criteria

- Must compete in **2 league races** to qualify for the Inter-Provincial team.
- Must compete in **4 league races plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.

Sat 10 May	League 1 - Fleur Primary School
Fri 16 May	League 2 - TUT Pretoria West
Sat 24 May	League 3 - Irene Athletics Club
Fri 30 May	League 4 - Eldoraigne High School
Sat 14 Jun	League 5 - Inter Provincials (Brits High School)
Sat 16 Aug	AGN Championships (Lavender Country Market)
Sat 6 Sep	SA Championships (Middelburg)



PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

Retha	Stoltz	03-Jun
Wynand	Breytenbach	05-Jun
Fanie	Le Roux	05-Jun
Graeme	Rennie	05-Jun
Elmar	Grater	06-Jun
Nokuthula	Mafenuka	06-Jun
Lucia	Willemse	08-Jun
Gary	Grant	08-Jun



BAR NEWS

There will be fires for those who want to braai



THOUGHT FOR THE WEEK

Only those who dare to fail greatly can ever achieve greatly.

NOTICE BOARD



CELEBRATING YOUTH MONTH

21 JUNE 2025

Online Entry @
<https://live.protime.co.za/event/1149>

SCAN TO ENTER



Athletics
Gauteng North

VENUE:
SOSHANGUVE CROSSING MALL
Corner Ruth First Road & Aubrey Matlakala St

Race Enquiries: Thabang (076 133 6131)

GARSFONTEIN ICE BREAKER

AGN League Race



21.1KM
10KM
5KM
NEW 1KM

Comrades Comeback race - 1st race after Comrades

5 JULY 2025

GARSFONTEIN
PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R230	07:00	16 YEARS	09:00	10:30	R250	1500
10KM	R150	07:00	14 YEARS	08:30	10:30	R170	600
5KM	R70	07:15	9 YEARS	NONE	10:30	R80	FUN RUN
1KM	R50	07:20	-	NONE	08:00	R50	NONE

THESE ENTRY FEES EXCLUDE SERVICE CHARGES

TEMPORARY LICENSE REQUIRED FOR NON REGISTERED ATHLETES ON THE 21.1KM & 10KM: R70
70+ ATHLETES: FREE (PLEASE NOTE - NO PRIZE MONEY WILL BE GIVEN FOR 70+ AGE CATEGORIES)

ONLINE ENTRIES FROM 30 APRIL 2025 - WWW.ENTRYNINJA.COM (UNTIL 1 JULY 2025 MIDNIGHT)

MANUAL ENTRIES
 • RUN-A-WAY SPORT (302 FRESIA ST, LYNNWOOD RIDGE)
 FROM 31 MAY TO 1 JULY (PLEASE CHECK WITH SHOP FOR OPERATING HOURS)
LATE ENTRIES AND RACE NUMBER COLLECTION
 • AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETROMELLA STR. ENTRANCE)
 4 JULY FROM 14:00 UNTIL 17:30
 • AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETROMELLA STR. ENTRANCE)
 RACE DAY FROM 05:30

SCAN HERE
FOR EASY
ENTRY





EYETHU ATHLETICS CLUB
 Hosts the annual
FITNESS TEST RACE : (32KM, 21.1KM, 10KM & 5KM)



AGN LEAGUE RACE

Date : 09 August 2025
 Venue : Quagga Shopping Centre, Pretoria West
 Pre-Entry Fee : 32km = R300, 21.1km = R210.00, 10km = R170.00 & 5km = R80.00
 Late Entry Fee : 32km = R330.00, 21.1km = R240.00, 10km = R200.00 & 5km = R100.00

Temp Licence : R70.00

Start times:

32km : 06h: 45
 21.1km : 07h: 00
 10km : 07h: 10
 5km : 07h: 20

Store entries open: 01 May 2025 to 01 August 2025

Tshwane Running Shop, Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynnwood: (012) 361 3733
 Race Nr Sales @ 0782205763, 083 379 9830 & 082 305 2447

Online entries open: 01 May 2024 to 01 August 2025 @ www.entryninja.com

Online entries collection:
 08 Aug 2025 @ Quagga Shopping Centre:
 12:00-17:00

Entry Collections: 09 Aug 2025: 05:00 - 06:30
 Late Entries : 08 Aug 2025: 12:00 - 17:00
 Late Entries : 09 Aug 2025: 05h:00 - 06:30



Prize giving will commence at 09h:30.

LUCKY DRAWS:

- Run-A-Way-Sport : There will be remote weekly luck draws for the online entries. The weekly winner will be notified via SMS.
- Race Day Lucky Draws : There will be Running shoes and Shopping vouchers from Run A-Way-Sport.
- Run-A-Way Store Discounts:
 10% discount for any sport wear purchase at Run-Away-Sport, the participant will only need to bring the race number to the store before 30 November 2025.
- Medals to all finishers within cut-off times.

Prize Money: Male & Female (10 km)							
Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 350.00	R 700.00	R 350.00	R 300.00	R 300.00	-	-
2	R 250.00	R 450.00	-	-	-	-	-
3	-	R 350.00	-	-	-	-	-
Prize Money: Male & Female (21.1 km)							
Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 550.00	R 1000.00	R 450.00	R 350.00	R 350.00	-	-
2	R 400.00	R 750.00	-	-	-	-	-
3	-	R 600.00	-	-	-	-	-



PVR DORPSFEES NIGHT RACE



IRENE



MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES

& IRENE AC



27TH AUGUST 2025



Athletics
Gauteng North

STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM

START TIME 18:30

R70 ENTRY FEE

10 KM

START TIME 18:30

R150 ENTRY FEE

DOGS & PRAMS WELCOME ON THE 5KM



Register Now!
www.entryninja.com

ONLINE ENTRIES

CLOSE 25 AUG '25

Athletes, join us for a "braai & kuier" afterwards. Wood for the braai will be provided

A FESTIVAL NOT TO BE MISSED !

**WATCH
THIS
SPACE**



**BROOKLYN
ROAD RACE
6 SEPTEMBER 2025**



Brooklyn Design Square
Cnr. Veale & Bronkhorst Streets

**32 km, 21.1 km, 10 km
& 5 km Fun Run**

EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro
POWERING POSSIBILITY

PHOTO CORNER



Cross country runners on Friday evening. Maryke Gradwell. Charlene van Niekerk, Karen van Zyl, Maryke Bester, Yolande Cowley and Johan van Vuuren



Two more cross country runners, Rob Hudson and Willem Landman



The Comrades function on Saturday was very well attended



This is what it is all about



The Comrades runners who attended the function



Our lovely Comrades ladies



A few of the novice runners



They will be wearing permanent numbers: Werner Zandberg, Brett Muir, Victor Phetoe, Maureen Mossop, Blanche van Vuuren and Joy Dekker



Running their 10th Comrades: Jurie Venter, Liezel Anderson, Belinda Hudson and Martin Struwig



Running their 20th Comrades: Maureen Mossop and Joy Dekker



Gerda Steyn, winner of the Bethal half Marathon on Saturday in a personal best time



The Comrades send-off run on Sunday morning was very special